

A382 – APRICOTS, CANNED, DICED, PEELED, #10

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B diced and peeled canned apricots packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz (11¾ cups) diced apricots and juice and provides about 47.1 ¼-cup servings diced apricots and juice. CN Crediting: ¼ cup apricots and juice OR ¼ cup drained diced apricots provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened canned diced apricots in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned apricots covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Apricots, diced, peeled, in light syrup

	¼ cup (63 g)	½ cup (126 g)
Calories	40	80
Protein	1 g	1 g
Carbohydrate	9.5 g	19 g
Dietary Fiber	0.5 g	1 g
Sugars	7 g	14 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0 mg	0 mg
Calcium	0 mg	0 mg
Sodium	5 mg	10 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	875 IU	1750 IU
Vitamin A	N/A	N/A
Vitamin C	1.2 mg	2.4 mg
Vitamin E	N/A	N/A

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Diced apricots can be used right from the can, chilled or at room temperature
USES AND TIPS	<ul style="list-style-type: none"> • Use canned apricots in salads, as a dessert, chilled with juice, or baked as cobblers and crisps. • Serve apricots chilled with syrup or chilled and drained as part of fruit salads or with cottage cheese. Combine with other fresh, canned, or frozen fruits for fruit cups or compotes. • Serve drained and heated or at room temperature as a garnish for main dishes. • Use as directed in recipes specifying apricots.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.